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MOURNS**  
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NOW THE FOCUS {page 8}

# YEAR IN FILM

## LEO'S STAR POWER COULDN'T SAVE J. EDGAR: CRITIC {page 16}



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Tuesday, December 20,  
2011

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News worth  
sharing.

ANDREW VAUGHAN/THE CANADIAN PRESS



► Students, staff and ordinary Islanders play catch outside Colonel Gray High School in Charlottetown on Monday.

# Playing catch in their honour

► Victims remembered in ball-tossing memorial held in Charlottetown ► Derek Jensen opened fire, killing three and injuring one, before he turned the gun on himself along Highway 2

ANDREW VAUGHAN/THE CANADIAN PRESS

Dozens of people donned ball gloves and tossed baseballs on a field outside Charlottetown's Colonel Gray High School, the alma mater of Tanner Craswell, 22, and his friend Mitch MacLean, 20.

The two promising baseball players were killed Thursday along with Tabitha Stepple of Lethbridge, Alta.

Police said Stepple's former boyfriend, Derek Jensen, rammed the car they were in on a highway south of Calgary.

He opened fire, killing the trio and wounding a fourth person in the car, 21-year-old Shayna Conway, also of Charlottetown.

Jensen then killed himself.

Colonel Gray principal Kevin Whitrow said Craswell and MacLean were too old to have gone to school with many of his current students, but the two were still known by many.

"There's a lot of students who



► Keith Craswell, father of Tanner Craswell.

know them through baseball and they know them through family and friends and the connections throughout the community," he said.

Whitrow said school staff and teachers who taught the two and knew them well have been deeply affected.

He said people were invited to play catch and do "whatever they

feel like doing" during the unusual memorial to the former students.

MacLean and Craswell were promising baseball stars with the Lethbridge Bulls of the Western Major Baseball League. MacLean was named rookie of the year and Craswell was an all-star shortstop.

Craswell, MacLean and Conway were all studying at Lethbridge College. **THE CANADIAN PRESS**

## Funeral dates

► Funerals for the two men are planned for Thursday and Friday.

► 21-year-old Shayna Conway was the only survivor of the incident and remains in hospital.



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# Gold and Silver Coins Selling for Highest Prices in Over 30 Years Due to Weak Economy and It's Happening Right Here in Calgary!

By **DAVID MORGAN**  
STAFF WRITER

ICC will be placing ads in newspapers, radio and running television spots this week asking people to bring in any old silver and gold coins made before 1968 and U.S. coins made before 1970. Those that bring in their coins will be able to speak with collectors one-on-one and have their coins looked at by a specialist. With the help of these ICC members, offers will be made to those that have coins made before 1968. Offers will be made based on silver or gold content and the rarity of the coins. All coins made before 1968 will be examined and purchased including gold coins, silver coins, silver dollars, all types of nickels and pennies. Those that decide to sell their coins will be paid on the spot.

If you are like a lot of people you might have a few old coins or even a coffee can full lying around. If you have ever wondered what they are worth now might be your chance to find out and even sell them if you choose. They could be worth a lot according to the International Coin Collectors also known as ICC. Collectors will pay a fortune for some coins and currency for their collections. If it is rare enough, one coin could be worth over \$100,000 according to Eric Helms, coin collector and ICC member. One ultra rare dime, an 1894S Barber, sold for a record \$1.9 million to a collector in July of 2007. While that is an extreme example, many rare and valuable coins are stashed away in dresser drawers or lock boxes around the country. The ICC and its collector members have organized a traveling event in search of all types of coins and currency. Even common coins can be worth a significant amount due to the high price of silver and gold, says Helms. Washington quarters and Roosevelt dimes can be worth many times their face value. Recent silver markets have driven the price up on common coins made of silver. Helms explains that all U.S. half dollars, quarters and dimes made before 1970 contain 90% silver and are sought after any time silver prices rise. Right now it's a seller's market he said.

The rarest coins these collectors are looking for include \$20, \$10, \$5 and \$2 1/2 gold coins and any coin made before 1850. These coins always bring big premiums according to the ICC. Silver dollars are also very sought after nowadays.

Other types of items the ICC will be purchasing during this event include U.S. currency, gold bullion, investment gold, silver bars, silver rounds, proof sets, etc. Even foreign coins are sought after and will be purchased.

Also at this event anyone can sell their gold jewellery, dental gold or anything made of gold on the spot. Gold is currently trading at record high prices. Bring anything you think might be gold and the collectors will examine, test and price it for free. If you decide to sell, you will be paid on the spot - it has been an unknown fact that coin dealers have always paid more for jewellery and scrap gold than other jewelers and pawn brokers.

So whether you have one coin you think might be valuable or a large collection you recently inherited, you can talk to these collectors for free. If you're lucky you may have a rarity worth thousands. Either way there is nothing to lose and it sounds like fun!

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## Proposed changes include sole recording rights

Highlights of changes to CBE policies that will be considered and possibly voted on Tuesday night:

- Meeting time reserved for stakeholder reports and public inquiries will be suspended until the board can plan for and implement "strategic communication dialogues."
- Inquiries from publicly elected trustees will no longer come forward at the public meeting and the ability to issue a notice of motion will be removed entirely.
- The CBE reserves the sole authority to video or record public trustee meetings and will make video footage available for 30 days after the meeting. Currently, members of the public and the media are able to record discussions for their own purposes.
- Public meetings will now begin two hours earlier at 3 p.m.
- If approved, most proposals would come into effect Feb. 1. However, a second motion by Trustee Pamela King would see suspension of public input in the board meetings occur immediately.

### METRO

A full draft of the revised board procedures can be found at [cbe.ab.ca/trustees/meetings\\_proto.asp](http://cbe.ab.ca/trustees/meetings_proto.asp).



# Trustees mulling public gag order, critics say

► If procedural changes are approved Tuesday night, opportunities to hear from parents and stakeholders in public meetings will be suspended



JEREMY NOLAÏS  
@METRONEWS.CA

Some parents fear their voices may be forever silenced if Calgary's elected school-board officials approve recommended procedural changes.

Among numerous changes proposed in Tuesday night's Calgary Board of Education meeting agenda is a motion to suspend opportunities for the public to speak and pose questions to school administrators until "strategic communication dialogues" can be implemented.

The implications of the proposed motion caught the attention of Terrace Road elementary's parent council chair Trevor Dreher. His school could be considered for closure come spring, and he'd planned to speak at numerous meetings opposing the move in the coming months.

"Obviously, for us, this would be a huge challenge.... There is no other simple way to address the trustees," he said.

Janet Keeping, president of the Calgary-based Sheldon Chumir Foundation for Ethics in Leadership, deemed the move "dracon-

### CBE meeting

- A spokesperson acting on behalf of both Calgary Board of Education administrators and the board of trustees said both bodies would hold off on commenting on the procedural changes until Tuesday's meeting.
- Members of the public

ian."

"Why would the boards think it appropriate to suspend these mechanisms before new mechanisms are in place?" she questioned.

Larry Leach with the As-

sociation for Responsive Trusteeship in Calgary Schools said the motion indicates no timeline for when parent input will be restored.

- Metro reporter Jeremy Nolaïs will be providing live coverage of Tuesday's CBE meeting through his Twitter account: @Metro\_Nolaïs.

"It's extremely troubling," he said.

# 1

  
news


More and more of China's Communist Party members are flouting compulsory atheism, much to the consternation of top officials. Scan the code for the story.

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On the web at [metronews.ca](http://metronews.ca)

**These days, the best indicator of how the North American markets will perform is not North American data, says Allan Small, but European data. More at [metronews.ca/investing](http://metronews.ca/investing)**

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## CITY COMMITTEE TAPPED

## Park and Ride changes deferred

Changes to transit Park and Ride lots will be deferred to a city committee, following one alderman's frustration over a lack of foresight.

Ald. Brian Pincott said his council colleagues were attempting to make changes to the reserved parking system without considering the full implications.

"We're making it up as we go along and that is not the way you do this kind of thing," he said.

Pincott said the decision last year to remove the \$3 daily fee from LRT lots was made with a similar lack of prudence.

● KATIE TURNER

## Rabbit rescue plan hits a snag in Canmore

An Alberta mountain community with an out-of-control feral-rabbit population is balking at an offer of help from a U.S.-based animal-rights group.

Scotlund Haisley, president of the Animal Rescue Corps, says the town of Canmore wants a proposal that includes a pre-approved sanctuary and includes

working with the firm hired to trap and kill the bunnies.

Two weeks ago, the non-profit group offered to trap, transport, spay and neuter the animals before placing them in new homes.

The town has not responded to requests for comment.

THE CANADIAN PRESS

# 'Nothing has changed'

DANI FINCH/FOR METRO



► Dennis Hong, president of the Calgary Korean Association, says despite the change in leadership, it's doubtful North Korea will see a change in policy.

► North Korean dictator Kim Jong Il died on Saturday ► Youngest son Kim Jong Un will succeed his father



DANI FINCH  
CALGARY@METRONews.CA

Despite the death of their dictator, little change is expected for North Koreans, say two prominent members of Calgary's Korean community.

"Nothing has changed at all with the passing of Kim (Jong Il)," said Dennis Hong, president of the Calgary Korean Association.

Hong said the Korean people don't expect anything different as leadership changes, and Kim's death has seen little reaction from the community.

Dr. Ki-Young Lee, formerly of the South Korean military who still has family in South Korea, said despite the change in leadership, North Korea will likely re-

### Impact

► Kim Jong Un is only 28 years old, and Lee is unsure he has the experience to lead a country.

main a country of instability. "It's kind of embarrassing to me as a Korean to see one dictator passing leadership down to his son," said Lee, who is president of the Calgary Korean Scholarship Foundation.

Lee has little confidence in Kim Jong Un. He said he's hopeful the leadership will develop well and stabilize. He said the reaction from the local Korean community is more worried.

N. Korea reacts {page 8}

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## News in brief

KATIE TURNER/METRO



## Telus a big junior hockey hanger-on

**TEAM CANADA.** Telus will be showing a very large display of support for Team Canada as the World Junior Championship kicks off in Alberta. Calgary's downtown Telus Tower is currently covered in a roughly-20,000-square-foot banner.

"We're a proud supporter of Hockey Canada," said Telus spokesperson Chris Gerritsen. "It's our way of showing our support for Team Canada, for the game of hockey, for

the championship."

Between Jan. 2 and Jan. 5, real-time scores will be projected on the banner and LED panels will be used to light up the message at night.

The World Junior Championship will take place in Calgary and Edmonton from Dec. 26 to Jan. 5. ● **KATIE TURNER**

## Alberta teacher hires top 1,000

**JOBS.** More than 1,000 classroom teachers and support staff have been hired provincewide after Alison Redford injected \$107 million into Alberta's education system shortly after being elected in October, officials revealed Monday.

But Alberta Teachers Association representative Jonathan Tegtmeyer said while the new hires are a good start, they only fill about 60 per cent of the teaching positions lost in the spring. ● **METRO**

# Giving pets as gifts is not a great idea: Humane society

▶ Gift cards are recommended so recipient can choose their own pet



**KATIE TURNER**  
@METRONEWS.CA

While there are few things cuter than a fluffy animal under the Christmas tree, experts recommending holding off until after the holiday to add a new pet to the household.

Following a recent change from the Edmonton Humane Society, which is no longer discouraging adopting pets for gifts, the Calgary Humane Society says their stance remains the same.

"We have always remained with the idea that giving pets as gifts is not a great idea; however, we do go case-by-case," said spokesperson Christy



▶ Tammy Mazubert, department head of animal health with the Calgary Humane Society, holds a puppy in this file photo.

Thompson.

Director of Bylaw and Animal Services Bill Bruce said the screening process for adopting is more rigorous

near the holidays.

"If adding a pet to your family is something you've talked about and decided you're going to do it at

## Puppies grow up

- ▶ Christy Thompson said January is typically the Calgary Humane Society's highest month of adoptions.
- ▶ Thompson said the decision to adopt a pet should involve all members of the household.
- ▶ Bill Bruce said their intake tends to spike about four to six months after Christmas when puppies begin growing up.

Christmas because you're going to be home for a couple weeks ... that's a good time to bring a pet in, but never ever gift one to someone."

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# North Koreans mourn 'Dear Leader'

► Kim Jong Il died of a heart attack on Saturday ► World waits to see how his power will be transferred

North Koreans marched by the thousands Monday to their capital's landmarks to mourn Kim Jong Il, many crying uncontrollably and flailing their arms in grief over news of their "dear leader's" death.

North Korean state media proclaimed his twenty-something son Kim Jong Un a "great successor," while a vigilant world watched for any signs of a turbulent transition to the untested leader in an unpredictable nation known to be pursuing nuclear weapons.

South Korea's military went on high alert in the face of the North's 1.2 million-strong armed forces following news of Kim's death after 17 years in power. U.S. President Barack Obama agreed by phone with South Korean President Lee Myung-bak to closely monitor developments.

On the streets of the North Korean capital, Pyongyang, people wailed in grief, some kneeling on the ground or bowing repeatedly. Children and adults laid flowers at key memorials.

The death could set back efforts by the United States and others to get Pyongyang to abandon its nuclear

**"How could the heavens be so cruel? Please come back, general. We cannot believe you're gone."**

HONG SON OK,  
GRIEVING KOREAN WOMAN

weapons ambitions, because his son — as an untested successor — may seek to avoid any perceived weakness as he moves to consolidate control.

The death comes at a sensitive time for North Korea as it prepares for next year's 100th anniversary of the birth of Kim Il Sung, the country's founder. The preparations include massive construction projects throughout the city as part of Kim Jong Il's unfulfilled promise to bring prosperity to his people.

Seoul and Washington will worry that Kim Jong Un "may feel it necessary in the future to precipitate a crisis to prove his mettle to other senior leaders," according to Bruce Klingner, an Asia analyst at The Heritage Foundation think-tank in Washington.

THE ASSOCIATED PRESS



► North Korean women cry after learning of the death of their leader Kim Jong Il on Monday, in Pyongyang, North Korea.

## PM calls for end to Korea's 'sad chapter'

Prime Minister Stephen Harper is urging North Korea to work toward promoting both the well-being of its people and stability on the Korean peninsula.

Harper, commenting on the death of North Korean leader Kim Jong Il over the weekend, says he hopes Kim's



passing will bring positive change to the isolated country.

He says Kim will be remembered as the leader of a totalitarian regime who violated the basic rights of

the North Korean people for nearly two decades.

He's urging North Korea to close what he calls a "sad chapter in its history" and to work for peace. THE CANADIAN PRESS

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This project is comprised of 329 guestrooms, over 8,000 square feet of state-of-the-art meeting space, a restaurant and recreation area.

## North Korea: what's next?

War, military coup and popular uprising: Potential scenarios





# Egypt's ruling military lashes out at protesters

► Ruling council defends use of force ► Leading political groups steer clear of latest unrest

Egypt's ruling military questioned the morals of a female detainee, accused a prominent publisher of incitement and bashed the media for allegedly working to destabilize the country in a new effort Monday to crush the pro-democracy movement trying to oust the generals.

The criticism, delivered by a member of the ruling military council in a nationally televised news conference, came hours after troops in riot gear swept through Cairo's Tahrir Square, opening fire on protesters and lobbing tear gas into the

crowds. At least three people were killed, pushing the death toll for four days of clashes to 14.

Violence has been raging in Cairo since Friday, when military forces guarding the Cabinet building near Tahrir Square heavily cracked down on a three-week-old sit-in to demand the ruling generals immediately hand power to a civilian authority. Tahrir was the centre of the uprising and remains the base of the democracy movement's ongoing protests.

The raid early Monday appeared to be an attempt by the military to keep



► An Egyptian man chants slogans during a protest in Cairo's Tahrir Square on Monday.

protesters away from key government buildings near the square, including parliament, the Cabinet headquarters and the Interior Ministry, which is in charge of the hated police. The protesters have de-

cried the military's heavy-handed crackdown, with activists flooding social networking sites and other media with photos and video of troops beating and attacking protesters.

THE ASSOCIATED PRESS

## U.S. officials caution online sperm donor

U.S. officials have warned a California man who has been donating cups of his sperm to women who want children.

Trent Arsenault tells the San Francisco Chronicle newspaper he's been donating sperm for five years to women he meets online.

He says he got three women pregnant last month, a record for the 36-year-old father of 14 — and counting.

Arsenault says he considered donating through sperm banks, which offer money and donor anonymity. But he decided to give it away in sterile cups so he could meet the future parents.

The U.S. Food and Drug Administration has told Arsenault he's facing a \$100,000 fine or up to a year in prison for ignoring regulations requiring blood tests to screen for communicable diseases.

Arsenault, an engineer



► Trent Arsenault on Facebook

with Hewlett-Packard, started donating sperm in December 2006.

Before donating the sperm, Arsenault and the parents sign contracts that absolve him of any fathering rights or responsibilities.

In all, Arsenault has given 348 sperm donations to 46 women. But it's not the number of donations that the FDA has a problem with. In a letter to Arsenault in November 2010, the agency took issue with the safety of his sperm.

● METRO/WITH FILES FROM THE ASSOCIATED PRESS

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## News in brief

THE CANADIAN PRESS/THE ASSOCIATED PRESS



► Bob Barker

## Bob Barker foots elephant bill

**PRICE IS RIGHT.** Former game show host Bob Barker will apparently cover the full cost of transporting three elephants from the Toronto Zoo to California.

In a statement, the PAWS organization says Barker will pay an unspecified amount to move Toka, Thika and Iringa to their new home.

THE CANADIAN PRESS

## Parents charged in sibling shooting

**DELORAIN, MAN.** The parents of a five-year-old boy who shot his younger sister on a farm in Manitoba are facing several charges, including criminal negligence and drug possession.

On Nov. 26, police went to a home and found a four-year-old girl had been shot just below the kidney — she has had surgery and is now recovering from her injuries.

THE CANADIAN PRESS

## Lack of snow has cows thirsty

**REGINA.** The SPCA in Saskatchewan is concerned about how a lack of snow is causing a shortage of drinking water for cows this winter as it's not uncommon for cows to go to pasture in winter to eat snow.

THE CANADIAN PRESS

## Curbing health spending

## ► Federal Tories' new plan to cut back health-transfer payments leaves some provincial ministers visibly angry

There was little Christmas goodwill spirit Monday as a meeting between provincial and territorial finance ministers and their federal counterpart ended in angry words.

Provincial finance ministers said they were astonished after federal Finance Minister Jim Flaherty "imposed" a new plan for how health money will be transferred to the provinces.

Flaherty said health transfers will continue to flow at the same six-per-cent increase rate they have been, but by 2018, the increase will drop to be tied to the rate of nominal GDP, which is the measure of economic growth including inflation.

"It's not present at all," said Ontario Finance Minister



► Federal Finance Minister Jim Flaherty, centre, speaks to Bank of Canada Governor Mark Carney prior to a provincial, territorial and federal finance ministers meeting in Victoria on Monday.

ister Dwight Duncan.

"It's a lump of coal." Duncan said his colleagues were all shocked at Ottawa's unilateral deci-

sion.

"He put the document in front of us and said this is how it's going to be," Flaherty acknowledged

## Transfer details

- Flaherty announced Monday new health spending investments of \$178 billion over five years.
- He said even when transfers drop to be tied to the nominal GDP rate, Ottawa is guaranteeing provinces the funding will never dip below a three-per-cent increase.

there has "obviously" been some concern among provinces.

He said his provincial and territorial counterparts were briefed about Ottawa's plans at a dinner last night.

"We do need to talk about the way forward in terms of being fiscally responsible, not only at the federal level but across the country, all the governments," said Flaherty.

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## Russia bans import of seal products: Activists

Animal-welfare activists say Russia has banned importing harp-seal products, which they say threatens the survival of the embattled Canadian sealing industry.

The International Fund for Animal Welfare says it has obtained documents from Russia and the World Trade Organization showing the ban went into effect in August. Sheryl Fink, director of IFAW's seal program, said the ban represents a major victory in the group's 40-year

**38K** When the Annual East Coast hunt concluded last spring, federal officials said the season was one of the worst on record with only 38,000 seals slaughtered. That's less than 10 per cent of the allowable catch.

campaign to persuade people that Canada's seal hunt is inhumane and unnecessary. Officials at the Russian Embassy in Ottawa did not return messages seeking comment. Canadian officials said they were aware of the document but could not confirm its authenticity.

THE CANADIAN PRESS

## Royals.



► Prince William, Duke of Cambridge, Catherine, Duchess of Cambridge, and Prince Harry attend the Sun Military awards at Imperial War Museum in London on Monday.

ARTHUR EDWARDS/WPA POOL/GETTY IMAGES

## Royals strut their stuff

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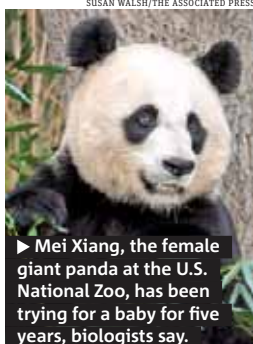


# U.S. panda program gets \$4.5M boost

► Scientists want to try one more time to breed zoo pair before switching for new animals from China

The U.S. National Zoo in Washington received \$4.5 million US on Monday to fund its giant panda reproduction program for five more years.

Philanthropist David M. Rubenstein visited the pandas with China's ambassador to the United States to announce the gift. Rubenstein is a co-founder of Washington-based private-equity firm The Carlyle Group. He is also on the board of regents at the Smithsonian Institution, which oversees the zoo.



► Mei Xiang, the female giant panda at the U.S. National Zoo, has been trying for a baby for five years, biologists say.

"There are probably 10-million species on the face of the earth, and I doubt

that any one of those species is more popular and more beloved than the giant panda," Rubenstein said at a news conference by the zoo's giant panda yard. He said the money is a holiday gift to the people of Washington and to the country because pandas make people happy.

"Hopefully this will result in more pandas being born here," he said.

The zoo said it will name the giant panda habitat after Rubenstein.

THE ASSOCIATED PRESS

## Philippines. Floods



► Residents retrieve a car that was washed away in Friday's flash flooding in Iligan city in southern Philippines on Monday.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

## Flood survivors bury their dead

With funeral parlours overwhelmed, authorities in the flood-stricken southern Philippine city of Iligan organized the first mass burial of people who were swept to their deaths in one of the worst calamities to strike the region in decades.

## 21 years for gay teen's slaying

A California teenager was sentenced to 21 years in prison on Monday for killing a gay student during a computer class. Brandon McInerney, 17, pleaded guilty to second-degree murder, as well as one count of voluntary

manslaughter and use of a firearm.

Prosecutors contended the teen, who had just turned 14, shot Larry King, 15, at their high school in a fit of homophobic rage because he was offended by the victim's feminine clothing and his unwanted sexual advances.

His lawyer told the judge he was sorry for his actions.

THE ASSOCIATED PRESS

## Faint hope for oil-rig workers

Time was running out to rescue 39 men still missing more than a day after an oil rig sank in the Sea of Okhotsk off eastern Russia. Of the 67 men aboard, 14 were rescued and 10 bodies have been recovered.

THE ASSOCIATED PRESS

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# YOUR PAST REARS ITS UGLY HEAD ON FACEBOOK

## SHE SAYS ...

METRO



Everybody hates change, especially us over-entitled Facebook users. Whenever the developers at the omnipresent social networking site make even the slightest tweaks, a large percentage of the 800 million active users become a seriously whiny bunch. And while modifications to privacy settings are a completely legitimate concern, you have to wonder if the digital uproar over every little page layout alteration is really all that necessary.

So when Mark (King of the Internet) Zuckerberg announced that Facebook would be overhauling the entire site and introducing its new Timeline feature, all kinds of Internet hell broke loose. The angry masses took to their keyboards to protest about the changes in fuming status updates, ironically using the very medium they're criticizing to complain about it. How very meta right? Somewhere, Marshall McLuhan is smiling.

Once upon a time, Facebook sold itself on connecting people, but the new feature (which finally launched worldwide last week) reveals what the site has really been about all along: vanity.

**"And remember all of those lost photos from your fat years that were once buried in ancient albums? Well now they're just a click away!"**

More visual and customizable, Timeline lets you play curator in a museum of your own digital history. The scrapbook-like interface means users can upload not one but TWO profile photos, enabling a more two-dimensional form of narcissism. So now you can post that here-I-am-drunk-at-a-bar-throwing-up-offensive-hand-gestures snapshot juxtaposed against a wide-angle photograph

from your trip to Southeast Asia last year. All of which to prove to your friends that you might actually have some substance.

More importantly, Timeline's neatly organized yearly catalogue makes taking a walk down memory lane that much easier. Us early adopters (I've been sharing my own mundane personal details since November 2005), we can't resist the temptation to jump back and forth throughout the years, reliving our not-so-distant past through old conversations and tagged photos.

Remember when you signed all your wall posts with your name at the bottom because it was maybe kind of like an email? How silly. And remember all those lost photos from your fat years that were once buried in ancient albums? Well now they're just a click away!

Yes there's plenty to discover on Facebook in the age of Timeline. But before you publish your digital autobiography, you might want to take a moment to edit those posts from the years before you accepted your mom's friend request. After all, Facebook is the one place where life's most cringe-worthy moments can be deleted for good.

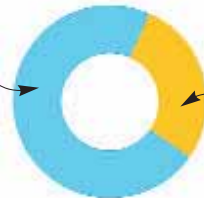
Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



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**Are you ready for the messy, unpredictable and stormy winter that meteorologists are calling for?**

72% YES, I HAVE ADAPTED A FROSTY-THE-SNOWMAN PERSONA TO MAKE IT THROUGH THE SEASON



28% NO, LA NIÑA IS JUST HYPE

## Local tweets



- **@yaheweheha:** At #YYC trying to avoid people selling credit cards.
- **@TravisJanot:** I've gone through more windshield washer fluid in the last two days in #yyc than in the last two years in #yvr!
- **@zoeywrites:** It is like Christmas in April out there! So beautiful out. #yyc
- **@MrStanYoung:** The hands free feature on your cell phone doesn't mean you hold it in your hand while speaking into it. #yyc
- **@FitzgeraldSTA:** Its funny how every year Albertans need to re-learn winter driving. #yeg #yyc #fail
- **@SheikaMcMaster:** Dear Calgary restaurants that don't take reservations - wah you suck and I'm going elsewhere. #yyc #lametrend
- **@CorrieBanman:** Just got back from my lunchtime walk, and wow is it nice out (+3 c). #yyc I'll take a winter like this.
- **@CalgaryProbs:** Trying to drive southbound on Crowchild (near McMahon/University) between 8-9am...guaranteed gridlock. #YYCProbs #CalgaryProbs #yyc

# PHOTO CHALLENGE WINNERS

► The winners of the 2011 Metro Global Photo Challenge have been chosen ► One of this year's winners lives in Montreal

Metro is proud to present the winners of the 2011 Metro Global Photo Challenge. After 162,000 submissions from thousands of photo enthusiasts, Metro readers and a star-studded jury have selected their top four.

The winning entrants each earn a trip worth roughly \$1,300 to any of 100 cities where Metro is published. **• METRO WORLD NEWS**

## MOMENTS OF MY LIFE WINNER: THE MAGIC LANE



**Metro spoke with music-management student Pierre-Philippe Kikhouna, 26, who is from Paris but lives in Montreal.**

**Tell us about your winning**



### photo.

It was a sunny day in Parisian district Etienne Marcel. Moments before I took this shot, I was thinking to myself how lucky it is for a photo lover to roam the streets of Paris. All of a sudden, I heard children playing, went around the corner, saw the children having fun, got on my knees and quickly shot the photo.

**The prize is a trip to any Metro city in the world. Where do you plan to go?**

**"This image takes us all back to that childlike freedom when none of us had a care or worry in the world. A delightful reminder of the joys of youth. You can almost hear their cheers!"**

**JURY CHAIRMAN NIGEL BARKER**

I will probably choose a city in Latin America: Brazil, Mexico or Chile.

**What's your secret tip in cap-**

### turing the perfect picture?

For me, there is no such thing as a perfect picture — only a perfect moment and a perfect time. The only tip I can give is don't see but watch.




For a complete list of Metro Global Photo Challenge winners, scan the code.




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## News in brief

KEVIN FRAYER/THE CANADIAN PRESS



## Pilots to work through the holidays

**NO STRIKE ... YET.** The Air Canada Pilots Association says travellers do not have to worry about a strike over the busy Christmas season. The union group issued a statement to that effect. Pilots aren't in a legal strike position until mid-February, when they face a potential deadline.

THE CANADIAN PRESS

## Saab files for bankruptcy

**TROLLHATTAN, SWEDEN.** Saab Automobile filed for bankruptcy on Monday, giving up a desperate struggle to stay in business after previous owner General Motors Co. blocked takeover attempts by Chinese investors.

Saab CEO Victor Muller personally handed in the bankruptcy application to a court in southwestern Sweden,

ending his two-year effort to revive the carmaker.

The Dutch entrepreneur told reporters he had to pull the plug after GM, which still owns some technology licences for Saab, rejected a last-ditch financing plan with a Chinese company.

While experts say Saab is likely to be chopped up and sold in parts, officials in the town of Trollhattan, where Saab employs more than 3,000 people, were holding out hope that a new buyer would emerge to salvage the brand.

THE ASSOCIATED PRESS

## Republicans balk at payroll tax cut

**SENATE VS. HOUSE.** The U.S. House of Representatives intends to vote down a two-month extension of a payroll tax cut for millions of Americans that cleared the Senate late last week, Speaker John Boehner said Monday. Without action by Congress, both the payroll tax cut and a program for long-term unemployment benefits will expire on Jan. 1.

It's the latest game of legislative brinkmanship between the Senate and the House. Economists have warned that the move could set back an already fragile economic recovery. **THE ASSOCIATED PRESS**

## Phone-hacking routine: Whistleblower's brother

► Tabloid journalists referred to the practice as 'the dark side' ► Scandal has spread to more British papers

Illegal voicemail interception and cellphone tracking was a matter of routine at both The Sun and the News of the World tabloids, the brother of a whistleblower at the centre of Britain's phone hacking scandal said Monday.

Stuart Hoare —brother of the late journalist Sean Hoare — told an inquiry into British media ethics that both papers, published by Rupert Murdoch's News International Ltd., broke the law as part of their "daily routine."

"The reality was that phone hacking was endemic within the News International group," Hoare said in a witness statement published on the inquiry's website. "I know this to be the case because Sean and I regularly discussed this and there are emails in existence which support Sean's description of a practice referred to during such meetings as 'the dark side.'"

Sean Hoare was the first ex-News of the World journalist to publicly accuse his former editor Andy Coulson of being at the hub of a culture of wrongdoing at the paper, an allegation that helped ignite



► Anti-Murdoch protesters rally in London.

CARL COURT/GETTY IMAGES

## Dark doings

- The phone-hacking scandal has spread to The Sun, another Rupert Murdoch title and Britain's top-selling daily.
- The late journalist Sean Hoare said Sun reporters engaged in a practice dubbed "pinging," by which police were bribed to trace the location of people's cellphones.

the scandal that forced Murdoch to close the British tabloid. Coulson is one of a dozen former News of the World journalists arrested in the scandal.

Sean Hoare, who suffered from a drinking problem, died in July just as the scandal was exploding. **THE ASSOCIATED PRESS**

## Market moment

TSX	Dollar	Oil	Natural gas
- 95.68 (11,539.7)	- 0.16¢ (96.27¢ US)	+ 35¢ US (\$93.88 US)	\$3.096 US (- 3¢ US)
			Gold \$1,597.90 US (- \$1.20 US)

BARRON'S AS OF 5 P.M. MONDAY







► Prince Alwaleed bin Talal bin Abdulaziz Saud and his wife, Princess Amira, arrive at The Savoy hotel in London last year.

OLI SCARFF/GETTY IMAGES

## Tweet deal as Saudi prince buys \$300M stake in Twitter

Saudi billionaire Prince Alwaleed bin Talal and his investment firm, Kingdom Holding Co., are pouring \$300 million into Twitter, Alwaleed announced on Monday.

The investment follows months of negotiations and will give the company a "strategic stake" in Twitter, though it wasn't clear how much the prince will control.

Alwaleed, a nephew of the Saudi king, has a histo-

ry of investing in media and technology companies. He owns 95 per cent of KHC, which has major stakes in Citigroup Inc., Apple Inc. and Rupert Murdoch's News Corp.

His Twitter investment comes as Arab activists from Tunisia to Bahrain have flocked to Twitter to co-ordinate protests and voice their opposition to long-ruling autocratic regimes.

THE ASSOCIATED PRESS

**"We believe that social media will fundamentally change the media industry landscape in the coming years. Twitter will capture and monetize this positive trend."**

AHMED HALAWANI, EXECUTIVE DIRECTOR, KINGDOM HOLDING CO.

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# 2

## scene

### Scene in brief



Paul McCartney is releasing an album of standards - plus two new songs of his own. The former Beatle announced Monday that his new disc will be out on Feb. 7. It doesn't have a title yet. He's already streaming one song, My Valentine, on his website. McCartney says he and John Lennon were inspired in their own writing by some of the standards. Some of them he first heard when his father performed them at home on piano. Eric Clapton and Stevie Wonder make appearances on the disc, which was recorded with Diana Krall and her band. McCartney says he's been thinking about the project for 20 years and, at age 69, figured "if I don't do it now, I'll never do it."

THE ASSOCIATED PRESS



Jamie Bell says actors' performances lend heart and soul to tech-heavy Tintin

# Best and worst of 2011

► Before we get carried away with promising new movies of 2012, let's take a moment to remember 2011 in film ► Here's Metro's picks of the best and worst the year had to offer



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METRO WORLD NEWS IN HOLLYWOOD

## The Best

### 1. Hugo

Whether in 3D or not, Martin Scorsese's tribute to childhood and the early days of cinema dazzles and enchants — thanks in no small part to newcomer Asa Butterfield as the titular orphan keeping the clocks in a Paris train station running.

### 2. Shame

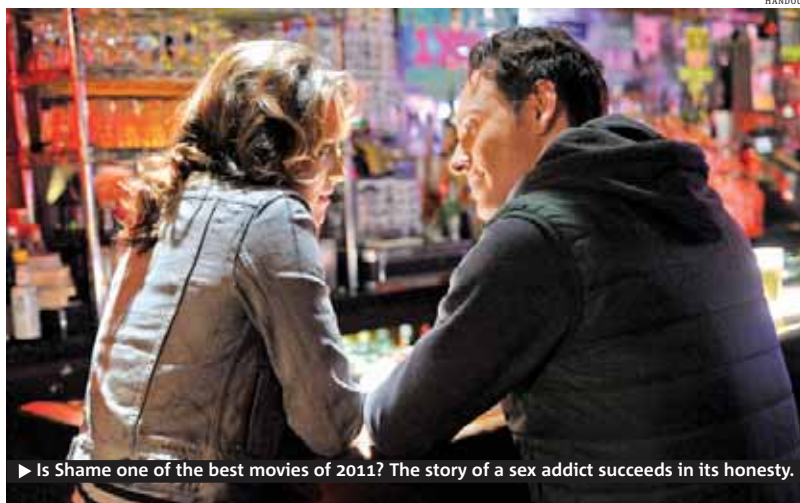
All nudity jokes aside, Michael Fassbender turns in one of the most powerful performances of the year as man feeding his sex addiction while trying to keep the rest of life at arm's length. A bummer of a film, to be sure, but it's a more honest and unflinching look at life than audiences have seen in a long time.

### 3. Beginners

A sweet and crafty film, Mike Mills' semi-autobiographical tale about a man (Ewan McGregor) dealing with his 75-year-old father (Christopher Plummer) coming out of the closet is quite simply a thing of beauty.

### 4. Like Crazy

Fair warning: This film is trying to break your heart — and it succeeds, thanks to frank and risky impro-



► Is Shame one of the best movies of 2011? The story of a sex addict succeeds in its honesty.

vised performances by Felicity Jones and Anton Yelchin as young lovers who make stupid but whole believable decisions for the sake of love. Quietly devastating.

### 5. Weekend

A startling debut from British filmmaker Andrew Haigh that chronicles the meeting and subsequent three-day romance of two men in elegant, true-to-life frankness.

## The Worst

### 1. J. Edgar

There were arguably worse films this year — just check further down this list — but Clint Eastwood's simultaneously too subtle and clumsily loud biopic fails more spectacularly



► J. Edgar's star power couldn't save the clumsy biopic from crashing.

than the rest. Given the Oscar-winning talent involved, the artless melodrama of J. Edgar is particularly startling.

### 2. Waiting for Forever

It's not nice to pick on smaller films, but this indie gem was so egregious it demands mention. Its greatest offence? Playing stalking and mental illness off as cute rom-com behaviour.

### 3. New Year's Eve

A romantic comedy Death Star that can't hide its cynicism, the movie did manage to sneak in Sarah Jessica Parker being introduced by the sound of horse hooves, so it's not a total loss.

### 4. Larry Crowne

A completely tone-deaf and sexless romantic comedy, featuring Tom Hanks and Julia Roberts doing their best approximation of "everyday people" — and showing just how out of touch they are.

**5. The Twilight Saga: Breaking Dawn — Part 1** Criticizing the Twilight franchise is a futile enterprise, of course, but this latest entry — half a book stretched out far longer than the story can support — brings something new to the series' list of offences: It's unbearably boring. Also, no title should need that much punctuation.

## Movie reviews

### The Girl With The Dragon Tattoo

Genre: Drama

Director: David Fincher

Stars: Daniel Craig, Rooney Mara, Stellan Skarsgard

●●●●½

Sweden and director David Fincher were apparently made for each other. In the English-language version of the Girl with the Dragon Tattoo, Fincher certainly makes the most of his stark locations, with the wintry scenes almost in black and white. The man just knows how to move a camera, with even

pans across quiet hallways and motorcyclists zipping around curves a feast for the eyes.

The real reason to see the film, though, is Rooney Mara as rough-edged computer hacker and ward of the state Lisbeth Salander.

She stalks the frame, hitting both self-assured power and self-doubting



vulnerability naturally. Her counterpart, Daniel Craig as disgraced journalist Mikael Blomkvist, impresses as well as a very un-Bond not-so-super sleuth.

## Showtimes

### ► CROWFOOT CROSSING:

(18A) No Passes Tue 7-10:30 No Passes Wed-Thu 12-3:30-7:10:30

### ► EAU CLAIRE MARKET: (18A)

No Passes Tue-Thu 8

### ► EMPIRE STUDIO 16

COUNTRY HILLS: (18A) SR Dolby Digital, Stadium Seating, No Passes Tue 8 SR Dolby Digital, Stadium Seating, No Passes Wed-Thu 12-30-4:05-8-8

### ► EMPIRE STUDIO 10

MACLEOD TRAIL: (18A) Digital Presentation, Stadium Seating Tue 8 Digital Presentation, Stadium Seating Wed-Thu 12-15-3:50-8

### ► SCOTIABANK CHINOOK:

(18A) No Passes Tue 7-10:30 No Passes Wed-Thu 11:30-3:50-10:25 No Passes Wed-Thu 12:30-4:7:30-10:55

### ► WESTHILLS 10: (18A) No Passes

Tue 8:30 No Passes Wed-Thu 12-30-7:10-20

When their story lines converge halfway through the film, the chemistry and

camaraderie is electric. More please.

● NED EHRBAR



## DVD Releases

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**Midnight in Paris**

**Genre:** Comedy  
**Director:** Woody Allen  
**Stars:** Owen Wilson, Rachel McAdams, Kathy Bates

🌐🌐🌐 In Woody Allen's *Midnight in Paris*, the City of Lights is a leading lady, shot with reverence by cinematographers Darius Khondji and Johanne Debas who depict it with the rapture of lovers. But don't think this film is merely a delicious travelogue. Allen is musing on the folly of nostalgia, which seduces us with the thought that life must have been better in the past.

It's an affliction that has struck Gil (Owen Wilson) hard. He's a successful Hollywood screenwriter who would rather pen novels, and yearns for the romance of Paris in the 1920s, the Jazz Age, when

he presumes the words flowed as easily as champagne.

Gil finds himself in Paris with his fiancée, Inez (Rachel McAdams), and her wealthy, shallow parents. Faced with another boring evening with Inez and her pretentious friends, Gil begs off to go for a walk.

Wandering off his intended path, Gil finds himself somewhat lost just as a nearby clock strikes 12 and a vintage Peugeot rolls up to the curb. Its passengers beckon Gil to join them. Surprisingly, perhaps, Wilson handles the role of the adventurous Gil handily and believably. Magical and dreamy, *Midnight in Paris* will take you on a trip you didn't bargain for.

● PETER HOWELL

**Margin Call**

**Genre:** Drama  
**Director:** J.C. Chandor  
**Stars:** Zachary Quinto, Stanley Tucci, Kevin Spacey

🌐🌐🌐 You don't have to understand the niceties of asset-backed commercial paper to enjoy the boardroom thriller *Margin Call*, the fast-moving feature debut from writer/director J.C. Chandor. Set over two tense days and one very long night at a Wall Street investment firm very like the late Lehman Brothers, *Margin Call* is a realistic take on what happens when high-flying money speculators suddenly hit ground. Director Chandor made the right decision focusing his lens on the people — not the numbers — of the financial crisis. This is a Greek tragedy wearing pinstripes. ● PETER HOWELL



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# At least Courtney's house was Pretty on the Inside

► **Rocker evicted as owner finds hand-painted walls ruined, among other things**

After damaging the decor in her \$27,000 a month New York City townhouse, Courtney Love has been evicted, according to the New York Post.

"I was horrified by what she had done. The walls that had been hand-painted and glazed were ruined, covered in damask wallpaper and ice-blue paint," the owner, Donna Lyon, says of Love, who is reportedly two months behind on rent as well.

And that's after starting a fire in the master bedroom in June.

"I got a call from her accountant, who said, 'Miss Love is fine,' which I was glad to hear," Lyon says. "But I thought, 'What about the house?'"

► **Courtney Love**



ALL PHOTOS GETTY IMAGES

# He's no Belieber in old Saint Nick

Justin Bieber never believed in Santa Claus.

"My mom always told me there wasn't a Santa," the pop star tells AOL Music.

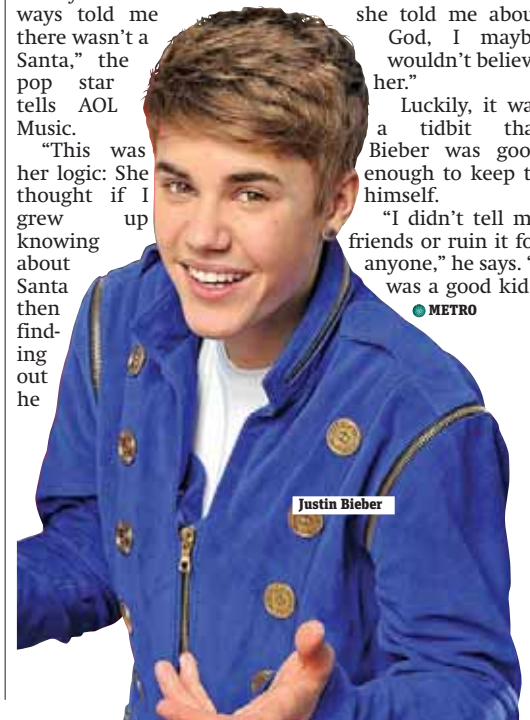
"This was her logic: She thought if I grew up knowing about Santa then finding out he

wasn't real, that it would be like she was lying to me. And then when she told me about God, I maybe wouldn't believe her."

Luckily, it was a tidbit that Bieber was good enough to keep to himself.

"I didn't tell my friends or ruin it for anyone," he says. "I was a good kid."

► **METRO**



Justin Bieber

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## Finally, Lohan a hot commodity again

For the first time in a long while, Lindsay Lohan has a bona fide hit on her hands.

Retailers are reportedly having trouble keeping copies of her issue of Playboy in stock, according to TMZ.

There also has been a surge of online subscribers to the magazine's website since the release of the troubled actress' naked pictorial.

► **METRO**



► **Lindsay Lohan**



► **Ellen DeGeneres**

## Ellen moves in to Pitt's home

Brad Pitt didn't have to look far to find a buyer for his Malibu mansion: Ellen DeGeneres and Portia de Rossi snatched up the \$12-million property with private beach access this month, according to Us

Weekly.

"It was a quick transaction and Brad's stuff is already out," a source says.

"Ellen and Portia would like to start using the house immediately."

► **METRO**

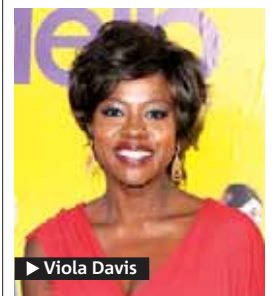
## Arranged marriage in Hollywood?

Hollywood matchmaking apparently starts early, as Viola Davis is hoping to set up 16-month-old adopted daughter, Genesis, with Sandra Bullock's adopted son, Louis.

"Oh yeah, I'd absolutely love to set her up with Louis," she jokes to People magazine.

"That kid is so cute. He's going to be a bruiser. But let's try to get a play date in first. If they are ever in the same place, we'll get them together."

► **METRO**



► **Viola Davis**

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*From a writer of "The Office"...*

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# 3 life

## Skin-care picks

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MP tables proposal to post warnings, ban use of tanning beds by under-18s

# Don't fear the feast

► The holidays can do some serious damage to your waistline ► But with some careful plans you can still enjoy the fun without suffering the New Year's hangover ► Read up and dig in



**CELIA MILNE**  
LIFE@METRONEWS.CA

There are so many temptations at this time of year.

Whether it's the treats that constantly seem to be on offer at work, the huge family dinners, or junk food to accompany a movie, the holidays are famous for luring us into eating and drinking too much.

Eggnog, shortbread, gravy, and plenty of booze — beware.

The good news, according to Kim Arrey, a dietitian and nutrition coach in Montreal, is that, with a little advance planning and careful choosing, you can indulge without too much guilt.

She estimates that the average weight gain during the holidays is three to five pounds.

"When faced with so many opportunities to consume foods that contain more fat, more salt or more sugar, and may be less nutrient dense than usual, many people are overwhelmed. Since many of these goodies are only offered up once a year, the option is clear — eat the goodies."

Arrey recommends you accept that there will be temptations, and choose between them. For example, skip the eggnog but have one dessert, if dessert is your thing.

**"The option is clear — eat the goodies."** KIM ARREY

## Holiday tips

Here are Arrey's tips for navigating the holiday season:

- **Slow down** Enjoy all aspects of your meal — savour the taste and texture of your food and the conversation going on around you.
- **Stay the course** Eat your favourite foods, and drop the ones you eat just because they are there. "Plum pudding only comes around once a year, so if you enjoy it, leave room for it by not eating the mashed potatoes. Why waste calories on foods you do not like?" says Arrey.
- **Snack** Eat a snack between meals. This helps you eat smaller amounts at the big meals and consume less overall. Try a source of protein, such as nuts or cheese, along with fruit or vegetables and dip.
- **Rule** When putting food on your plate, remember the one-quarter, one-half, one-quarter diagram: Try to fill half of your plate with vegetables and only one-quarter of the plate with grains or potatoes and one-quarter of the plate with meat and alternatives. "Unless they are drowning in butter or sauce, vegetables are a great way to include great taste, nutrients and not too many calories," said Arrey.



► You can still enjoy the seasonal foods and not hurt your waistline.

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## Best Health Minute



**BONNIE MUNDAY,**  
EDITOR-IN-CHIEF,  
BEST HEALTH  
MAGAZINE

### Spice of the season

The aromas and flavours of spices signal the holiday season — and they're good for you. Our senior editor Margaret Nearing round-

ed up some of the latest studies for the December issue of Best Health.

### Nutmeg

It's long been known as an aphrodisiac, though the evidence has largely been anecdotal.

### Cardamom

It's a source of man-

ganese, and a U.S. study found that women who ate high amounts of manganese each day had fewer PMS symptoms than those who ate the least.

### Cloves

These are one of the best sources of antioxidants, the compounds that help fight off disease-causing free radicals in our bod-

ies.

### Cinnamon

A study shows that a whiff of cinnamon, or chewing cinnamon gum, stimulated the cognitive process

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Must be legal drinking age. \*Calculations based on an average serving (6 oz glass of wine and single serving of mixed drink). Details at [molsoncanadian67.ca](http://molsoncanadian67.ca)

# Colour your lunch green at Traditional Irish Public House

► Limericks offers authentic cuisine from the region such as Yorkshire Tidbit

## LUNCH RUSH

DAN CLAPSON  
FOOD@METRONEWS.CA



Every time I'm looking for some classic Irish pub fare, I think to myself: "Where would a leprechaun eat in Calgary?"

That question often leads me to Limericks on McLeod Trail.

In addition to the standard pub offerings (sandwiches, burgers, etc.), it has authentic Irish dishes like Boxty, pot pies and stew. Well, colour me

### Limericks Traditional Public House

7304 Macleod Tr. S.  
403-252-9190  
calgarysbestpubs.com

Reservations: Yes  
Licensed: Yes

Quick solo lunch: Yes  
Social lunch: Yes  
Client negotiations: Yes

Co-worker lunch: Yes  
Price range: \$10 - \$20  
Rating: 3.5 out of 5



► Yorkshire Tidbit (\$14.50).

green!

I had a 'go big or go home' kind of hunger going on this day, so I needed something that was really filling.

The Yorkshire Tidbit (\$14.50) is a delicious

monster of a dish. A gigantic Yorkshire pudding is filled to the brim with slow roasted beef, mushrooms and leeks swimming in a generous amount of gravy.

The beef was a little

tough, perhaps not as 'slow roasted' as it should have been, but the richness of the beef gravy with the spongy, savoury pudding goodness made up for it.

I'll be back for more.

## Cinnamon Bun Bread Pudding



### Preparation:

**1** Coat a 3 L (9-by-13-inch) baking dish with cooking spray.

**2** In a blender, combine eggs, cream, 5 ml (1 tsp) of the ground cinnamon and salt; puree until smooth. Set aside.

**3** Cut each cinnamon bun into 2.5- to 5-cm (1- to 2-inch) chunks. Arrange chunks in even layer in prepared baking dish. Pour egg mix over pieces of cin-

namon buns. As you pour, use fork to press on bun pieces to help them absorb liquid.

**4** Bake in 180 C (350 F) oven 25 to 30 mins. or until lightly puffed and starting to brown. Let cool 15 to 20 mins. Meanwhile, in a bowl, whisk together icing sugar, water, vanilla and remaining cinnamon. Drizzle bread pudding with glaze, then cut it into 12 squares. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS**

### Ingredients:

- 6 eggs
- 375 ml (1 1/2 cups) 5 % light cream or milk
- 10 ml (2 tsp) cinnamon
- Pinch salt

- 12 large glazed cinnamon buns
- 250 ml (1 cup) icing sugar
- 22 ml (1 1/2 tbsp) water
- 5 ml (1 tsp) vanilla extract

# Stovetop ham frees up oven

► Simmer the meat in a broth that allows the flavours to seep deeper

When there are so many things that need to get in the oven for your holiday dinner, why not do most of the main dish on the stovetop?

Cooking a stovetop ham in an infused broth will intensify the flavour in the ham to penetrate right through.

The golden finish is the glaze over top to add a sweet mustardy flavour

and a golden colour that everyone at the table will adore.

### Preparation:

**1** Using a mortar and pestle or a resealable bag and a meat mallet, combine and lightly crush cloves, fennel, cumin and coriander.

**2** In a large stock pot (big enough to hold ham)

heat oil over medium-high. Add crushed seeds, onions and garlic. Cook for 5 minutes or until onions begin to brown. Add wine, orange juice, lemon juice, Worcestershire sauce and oregano. Place ham in pot and fill with water to cover.

**3** Bring to a boil, then reduce to a simmer. Cover

and simmer for 2 hours.

**4** Line a baking sheet with foil and place a roasting rack over foil. Remove ham from pot and place on rack.

**5** Glaze: In a small bowl, whisk together mustard and apple jelly, then brush mixture all over surface of ham. Roast in 230 C (450 F) oven for 25 minutes or until surface of ham is golden and glaze is bubbly. Let ham rest in a warm place for 20 minutes before slicing. **ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. (EMILYRICHARDSCOOKS.CA)/ THE ASSOCIATED PRESS**

### Ingredients:

- 15 ml (1 tbsp) whole cloves
- 5 ml (1 tsp) fennel seeds
- 5 ml (1 tsp) cumin seeds
- 15 ml (1 tbsp) coriander seeds
- 15 ml (1 tbsp) canola oil

- 2 onions, quartered
- 2 cloves garlic, crushed
- 250 ml (1 cup) white wine
- 250 ml (1 cup) orange juice
- 50 ml (1/4 cup) lemon juice
- 50 ml (1/4 cup) Worcestershire sauce

- 30 ml (2 tbsp) dried oregano
- 1 bone-in ham (3.175 to 3.5 kg/7 to 8 lb)
- Glaze
- 125 ml (1/2 cup) Dijon mustard
- 125 ml (1/2 cup) apple jelly

## Stovetop Ham with Dijon-Apple Glaze



► This ham serves 12.





► Make sure your kids display proper manners at the table this Christmas.

## MANNERS TAKE TIME, PRACTICE

### CHARLES THE BUTLER



ASKCHARLES  
THEBUTLER@  
METRONEWS.CA

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CHARLES  
MACPHERSON.COM

**What is appropriate to expect from children with regards to table manners and etiquette? Myself, I always taught my children well, but I am appalled at the lack of manners of so many children these days.**

**Sticky for Manners**

Dear Sticky for Manners,  
Well, the world has changed and children's manners aren't what they used to be. One of every

parent's nightmares is taking their children in public and being embarrassed from their lack of social skills. So let's review what is appropriate social behaviour.

Children should be taught manners and social skills from a very young age. As soon as they are able to start to reason and understand verbal language you can start with a simple please and thank you.

Once children start to get older (five to eight), learning table manners becomes important.

Understanding how to correctly use a knife and fork at the table, how to leave the table, drink from a glass, etc.

Now for those parents who think you can do this the night before a family

event, that is where you are going wrong; turning these skills into everyday habits is the objective.

Some of the reasons you need to practice this at the family kitchen table every night are because:

1. You must practice a new skill for 21 days to start a pattern.

2. It takes 100 days for this new pattern to become automatic.

This is why you must begin and practice manners daily at home. Remember, good manners are not just for when you have guests or are entertaining; manners are to be applied everyday amongst family members, friends and work.

**HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.**

## Guide to peacocking

- Plenty of holiday parties to attend the next few weeks?
- Read on to learn how to become the life of the party

Stressed out about the office Christmas party or your neighbour's drop-in bash for New Year's Eve?

You could send your regrets, or show up and hide in the corner while pretending to text all night.

Or you could go the other way and dazzle the guests with your outfit, wit and charm. Here's a guide to peacocking – or how to be the life of the party.

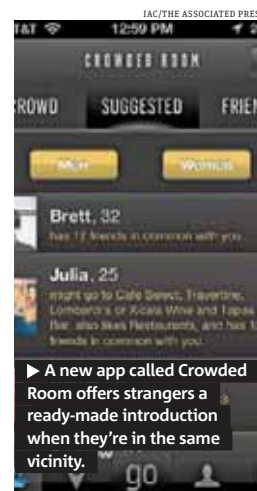
### DRESS

"Wear something festive: A colourful tie, an interesting pin or fashionable shoes are great conversation starters," said Jacqueline Whitmore, an etiquette expert and author of *Poised For Success*. "People tend to gravitate towards people who stand out or look interesting."

Christie Nightingale, principal of Premier Match, an upscale matchmaking firm, agreed, saying: "Stand out from the crowd by wearing a bright colour, like red or emerald green, not black."

### CONVERSATION

Have a list of easy questions in mind as conversation starters: "How's it going? Who do you know here? How did you get



► A new app called Crowded Room offers strangers a ready-made introduction when they're in the same vicinity.

here?"

Jokes can work, but be careful not to offend.

You could also brush up on current events, but be aware that most people would rather chat about subjects that are "easy and fun instead of getting so serious."

### INTRODUCTIONS AND COMPLIMENTS

"Walk around, get a solid idea of who's in the house and side right up to someone who seems interesting — maybe they're wearing a bright sweater, or a fun hat — and give them a compliment," said Sian-

Pierre Regis, founder of the *Swagger*: New York style website. "Then introduce yourself."

### TOASTS

For an office party, "another way to stand out, which takes a lot of practice and preparation, is to offer a very brief, humble toast, thanking your co-workers, colleagues, and the executive team for being great co-workers, colleagues, team, etc.," said Matt Eventoff, owner of Princeton Public Speaking, which trains executives for public appearances.

At a social gathering in someone's home, a simple toast might thank the hosts for bringing everyone together with good food, drinks and company.

### SMILE

"Give them your Mona Lisa smile," said Suzanne Zazulak Pedro, an executive coach and founder of The Protocol Praxis. Not a fake Pan Am stewardess smile, as she put it, but a close-lipped half-smile, "like you have a secret. It will not only make people wonder what you are up to, but it will also help initiate conversations."

THE ASSOCIATED PRESS

## On a quest to make new friends

Making friends shouldn't be complicated. We've been doing it since we were kids, right?

But for many of us, as a new book points out, "friend-making is not the natural process it used to be."

Chicago transplant and journalist Rachel Bertsche discovers this the hard way when she finds herself without close friends to speak of, two years after moving.

She comes up with a game plan to change her situation — go on one friend date a week over the next year, 52 in all.

MWF Seeking BFF: My

Yearlong Search for a New Best Friend chronicles Bertsche's quest. If reading about several dozen meet-ups sounds like a drag, it can be at times. But more often than not, Bertsche's skill as a writer and the myriad ways she finds potential dates keep things interesting.

She asks current friends to set her up, approaches prospects at her yoga class and neighbourhood restaurant, signs up for a speed-friending event, consults a friend matchmaker and, demonstrating she's willing to give anything a shot, even tries a Rent-a-Friend website.

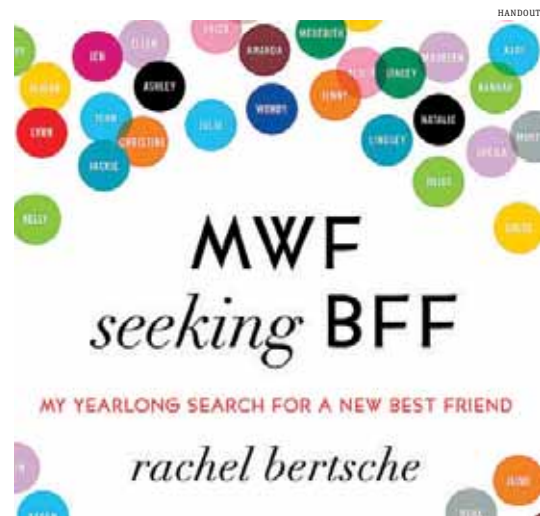
The book is also peppered with intriguing research on topics like what makes friends click, how many friends we need and the health benefits of having friends. ("Researchers found that having low levels of connection is comparable to smoking 15 cigarettes a day or being an alcoholic, more harmful than not exercising and twice as harmful as obesity.")

The audience for this kind of a book is probably limited. But Bertsche seems to have a clear idea of her target audience. She gives no explanation when referring to the likes

of Regina George (the lead bully in the 2004 movie *Mean Girls*), but feels the need to include this parenthetical comment when mentioning Gallup: "You know, the company that conducts all those polls."

For all the book's weaknesses — the gimmicky premise, the repetitive comparisons between her old friends and new friends, the sometimes tiring accounts of dates — a reader cannot help but root for Bertsche, cheer her successes and consider trying out some of her ideas.

THE ASSOCIATED PRESS



## PAY IT OFF

## FUN AND FRUGAL

LESLEY SCORGIE

MONEY@METRONEWS.CA



Happy holidays fun and frugal readers!

Have you been avoiding bringing in the mail? Did you stash that dreaded credit card bill in a 'don't look now' drawer? Most Canadian households have wreaked major havoc on their credit cards this holiday season.

Starting now, you need a plan to pay off your credit card debt as fast as possible so as to avoid massive interest charges in the new year.

The best way to deal with holiday credit card debt is to get organized. Figure out who you owe money to, how much and the interest rate.

Next, scrounge up an extra \$10 or \$20 per week and pay a little extra on the highest interest credit and store card bills. By making extra payments as often as you can, you're tackling the principle portion of the debt more often which translates into less interest being accumulated. If you're stumped on where to find an extra \$20; cut back on cellphone plans or coffees and sell unwanted household items on Kijiji.

If you've got multiple credit card balances you can also save money by consolidating them into a small loan with a fixed term and repayment plan. Though interest rates and payment flexibility are tempting, do not use credit lines as a pseudo-consolidation loan.

Credit lines don't have a collapsing balance and Canadians tend to borrow back all the payments they make toward the balance.

Credit lines were originally designed to help home owners build equity; not to mask overspending problems. While you're paying off your debts, don't rack up any more. You only need one credit card and I would recommend reducing the credit limit as you pay down the balance.

A debt-free lifestyle translates into way less stress. So, make it your New Year's resolution to pay off expensive consumer debt as quickly as possible.

## ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



In this season of joy and giving and shopping who wants to think about getting ripped off?

But in this era of cyber predators we must take as much care with information as you would with your wallet in a place frequented by pickpockets.

The Financial Consumer Agency of Canada (fcac.gc.ca) urges everyone

**Fraud is an increasing problem but you can protect yourself with a little bit of vigilance.**

-ALISON'S MONEY RULE

to be a little extra vigilant during the holidays, since we are often rushed and trying to do two things at once.

Justin Hwang, associate vice president of Fraud Management at TD Canada Trust, says that bogus websites can easily snare the unwary. He notes that website addresses beginning with https:// are usually secure. But if you update your antivirus software regularly you'll be alerted to the phony ones.

With so much shopping going on at this time of year you should also take a glance at your credit card and bank statements more often than normal to catch any unauthorized activity.

When you are short of time it's tempting to hand over your credit or debit card to a child to make certain purchases for you.

Aside from the fact that such use violates your con-



▶ Watch out for bogus websites.

tract with the bank, even the most responsible kids don't necessarily understand the importance of being vigilant about fraud.

But, of course, many youngsters these days have their own debit cards and may be authorized users on a parental card.

Watch them as they use these cards and coach them about ensuring their card is always close at hand.

They shouldn't put it on the cashier's counter where others in line can see it. And keeping their PIN one giant secret is vital. I recommend kids change their PIN every six months or so.

Have a wonderful and secure holiday.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

## Cyber fraud

Here are a few ways to protect yourself. Be sure to share these tips with your children as they are the fastest growing group of online consumers.

- ▶ Don't shop online using public or unsecured wireless Internet.
- ▶ Be cautious about sharing too much information on social networking sites.
- ▶ Be sure you know a site is secure before entering personal information.
- ▶ Use virus or spyware protection software and update it regularly.
- ▶ Avoid using the automatic password or personal information log in function on your computer.
- ▶ Don't use Wi-Fi hotspots to log into your social networking pages.

## Black Friday bites back: shoppers return bargains

▶ Stores in U.S. see huge returns but not ones they want ▶ Consumers try to stay in the black

Ah, the warm feelings of the holidays: Comfort and joy. Good cheer.

And buyer's remorse.

People who rushed to snag discounts on TVs, toys and other gifts are quickly returning them for much-needed cash.

The shopping season started out strong for stores, but it looks like the spending binge has given way to a holiday hangover.

Return rates spiked when the Great Recession struck and have stayed high.

For every dollar stores take in this holiday season, they'll have to give back 9.9 cents in returns, up from 9.8 last year, according to the U.S. National Retail Federation's survey of 110 retailers. In better economic times, it's about 7 cents.

This time of year, fractions of a penny add up.



▶ Shoppers grab televisions at a store in Knoxville, Tenn., minutes after it opened on Nov. 25.

Stores are expected to ring up \$453 billion during the holiday season.

Merchants make up to 40 per cent of their annual sales in the last two months of the year.

Some reasons for the

many unhappy returns:

- Shoppers are bingeing on big discounts. Stores are desperate to get people in the door. But the same shoppers who find a "60 per cent off" tag too good to resist may realize at

home that they busted the budget.

- Stores have made it easier to take things back. Nordstrom is letting online shoppers return items at no extra charge this year. It used to charge \$6.

**"When the bills come in and the money isn't there, you have to return."**

JENNIFER KERSTEN, 33 OF MICHIGAN

Other stores are offering more time to return or rolling out "no questions asked" policies — no tag or receipt required. But that can backfire.

"Spurring more returns wasn't part of the plan," says Al Sambar, a retail strategist for consulting firm Kurt Salmon.

- Stores are undercutting each other in a tough economy. Wanda Vazquez spent \$39.99 at a New York Target on iPad speakers for her 12-year-old daughter, then returned them when she found something similar for \$16.99 at Marshalls.

THE ASSOCIATED PRESS



## Kings keep it light as they wait for Sutter

Despite being on the verge of getting their third coach in about a week, it's not all doom and gloom around the Los Angeles Kings these days.

In fact, there were plenty of smiles before Monday's 3-2 win against the Maple Leafs in Toronto. Perhaps it was a sign that interim coach John Stevens was successful in his bid to relax his players with an ice cream run following Sunday's skate.

"We had a little challenge at the end of practice and we stopped at the Dairy Queen on the way home and losers had to buy the winners an ice cream of their choice," said Stevens. "Just something fun, something to occupy their time."

The Kings have been playing under a cloud for a month, resulting in coach Terry Murray's dismissal last week. Stevens is filling in as contract details are finalized with Darryl Sutter, who will take over as head coach later this week according to a league source.

It's an unusual situation — to say the least — but one the players seem to support.

"I think (GM) Dean (Lombardi) might have handled it right in not going behind Terry's back and try to look for a head coach," said forward Mike Richards.

"He's a smart guy, we trust his instincts and trust what he's doing with the team." **THE CANADIAN PRESS**



**"I think that everyone is so down emotionally that they're not focusing on their game and playing their best. Finally when we get over that hump, we should be fine."**

KINGS DEFENCEMAN DREW DOUGHTY



► Team Canada forwards, from left, Mark Stone, Freddie Hamilton and Nathan Beaulieu celebrate a goal against Team Finland in Calgary last night.

# Canada comes to life in 2nd to top Finland

► Team Canada surges to win after trailing early in WJC exhibition opener

Boone Jenner, Mark Stone and Brendan Gallagher scored for the Canadian junior men's hockey team in a 3-1 win over Finland in Monday's exhibition game.

Finland will be Canada's first opponent when the 2012 world junior hockey championship opens Sunday in Edmonton and Calgary.

Mark Visentin of the Niagara IceDogs stopped 22 shots in Canada's net for the win.

Teemu Pulkkinen scored the lone goal for Finland.

Christopher Gibson of the Chicoutimi Saguenéens played two periods in Finland's net, making 21 saves.

The Los Angeles Kings prospect kept the score close as Canada generated more scoring chances than the Finns. Gibson was re-

3	1
CANADA	FINLAND

lieved for the third period by Sami Aittokallio, who turned away nine-of-10 shots.

Canada was without wingers Jonathan Huberdeau (foot) and Quinton Howden (concussion symptoms) and played with only 11 forwards.

The Canadian team returned to its training base in Banff after the game for more practice and team building.

They travel to Red Deer for a pre-tournament game Thursday against Switzer-

land, followed by a final warmup Friday in Edmonton versus Sweden.

Gallagher, who plays for the Vancouver Giants, drove hard to the net to score at 18:21 of the third period.

After failing to bury scoring chances in the opening period, Canada got more shots away and put more pressure on Finland's defence in the second. The hosts scored a pair of goals to take a 2-1 lead into the third.

Stone, a Brandon Wheat Kings forward, banged in his own rebound at 12:45. Jenner of the Oshawa Generals streaked down the wing and beat Gibson between the pads at 6:16.

Devante Smith-Pelly of the Anaheim Ducks is one of two NHL players on the

Canadian roster along with Brett Connolly of the Tampa Bay Lightning.

Smith-Pelly made his presence felt with several big checks. The Toronto native used his power in the offensive zone, circling the net and creating space for his linemates.

Jenner, a Columbus Blue Jackets prospect, had three excellent scoring chances in addition to his goal.

Canada failed to convert good scoring opportunities in the first period and trailed 1-0 on Pulkkinen's power-play goal at 14:22.

Rasmus Ristolainen dished the puck to Pulkkinen at the left faceoff circle. Visentin got a piece of his glove on Pulkkinen's low shot, but not enough to stop it.

**THE CANADIAN PRESS**

# 4

sports

### Flames preview

Minnesota at Calgary  
7 p.m.  
TV: SNET



The Wild (20-8-5) travel to Calgary (14-15-4) for their second game in two nights. Minnesota faced Vancouver last night hoping to snap a three-game winless skid. One possible reason for the Wild's recent struggles is injuries: Mikko Koivu (leg), Pierre-Marc Bouchard (face), Casey Wellman (wrist) and Devin Setoguchi (knee) are all out, and Guillaume Latendresse (concussion) isn't expected to return this season. With Niklas Backstrom getting the start Monday against the Canucks, Josh Harding should see his first start since Dec. 6 tonight.

**THE CANADIAN PRESS**



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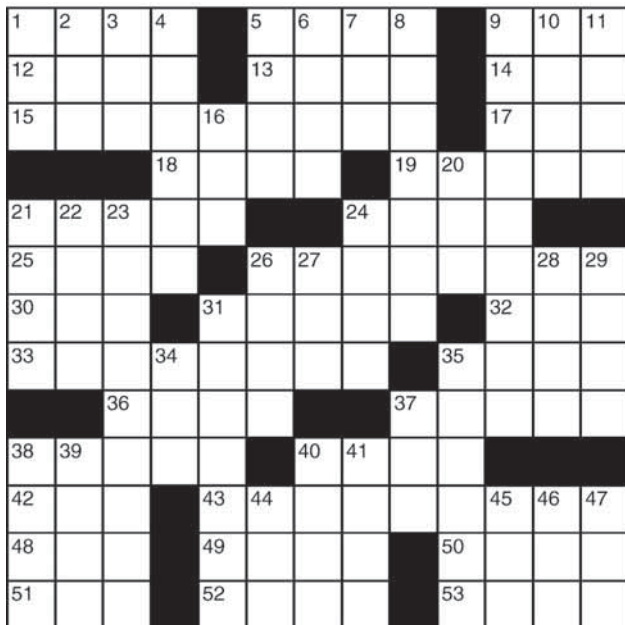
## Crossword

### Across

- 1 Grand tale
- 5 Advantage
- 9 Dine
- 12 Isinglass
- 13 Abound
- 14 Paid athlete
- 15 Dramatic public display
- 17 Id counterpart
- 18 Conversation
- 19 Indy car, e.g.
- 21 Fill the tank
- 24 Neighbour of Java
- 25 Tears
- 26 T-bars, e.g.
- 30 Citric beverage
- 31 Beg
- 32 A Gershwin brother
- 33 Parts of Sunday's newspaper
- 35 God (Lat.)
- 36 Actress Skye
- 37 Factions
- 38 Greedy kid's demand
- 40 Dalai —
- 42 Praise in verse
- 43 Theorize
- 48 Coffee break hour
- 49 Throat-clearing sound
- 50 One
- 51 Owns
- 52 Toll road
- 53 Maze option

### Down

- 1 Type measures
- 2 Spot on a domino
- 3 Lemieux milieu
- 4 Desert plant
- 5 Catchall abbr.



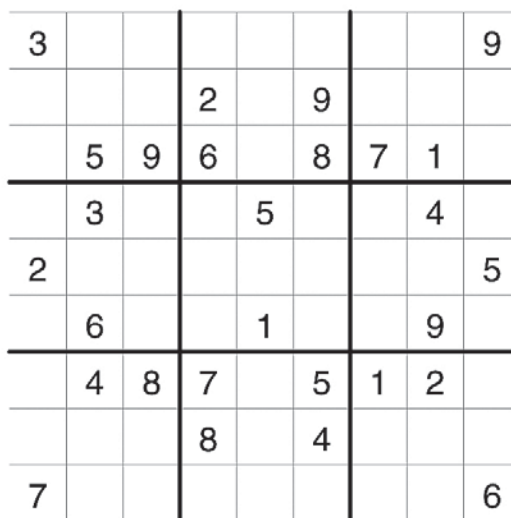
- 6 52 cards
- 7 Hair goop
- 8 Green stone
- 9 Gave details
- 10 Incite
- 11 Indigent
- 16 Spigot
- 20 "The Greatest"
- 21 Mardi —
- 22 Staffer
- 23 Samples
- 24 Prejudice
- 26 — gin fizz
- 27 "Jeopardy!" leg-end Jennings
- 28 Verifiable

- 29 Lip
- 31 Conifer exudation
- 34 Cruise or Selleck
- 35 Broadband ancestor
- 37 Dallas sch.
- 38 Morbid style of rock music
- 39 Concept
- 40 Welsh emblem
- 41 Pinnacle
- 44 — Beta Kappa
- 45 Literary collection
- 46 — for tat
- 47 Biblical verb ending

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1	4	7	8	6	9	3	2	5
2	8	5	4	3	7	9	6	1
3	9	6	1	5	2	4	7	8
6	5	2	9	8	3	1	4	7
7	1	8	5	2	4	6	9	3
9	3	4	7	1	6	5	8	2
5	2	9	3	4	8	7	1	6
4	6	1	2	7	5	8	3	9
8	7	3	6	9	1	2	5	4

### Yesterday's answer ►

## A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 1° Max 3°	Min -5° Max -3°	Min -3° Max -1°

### Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30 A.M.



## Today's horoscope

**♈ Aries** March 21-April 20 Why stress yourself out when with the same amount of effort you can have a great deal of fun?  
**♉ Taurus** April 21-May 21 You will be tempted to go to extremes in your personal life today.  
**♊ Gemini** May 22-June 21 Put money worries behind you and do something that makes you feel good about yourself. If you feel the need to get away, just go.  
**♋ Cancer** June 22-July 22 Promise yourself here and now that no matter what happens over the next few days you won't overreact.

**♌ Leo** July 23-Aug. 23 A few days from now you may look back and feel guilty about some of the things you said and did.  
**♍ Virgo** Aug. 24-Sept. 22 You won't hesitate to help someone in need today.  
**♎ Libra** Sept. 23-Oct. 23 Someone you meet while working or pursuing a creative interest will get your heart racing today.  
**♏ Scorpio** Oct. 24-Nov. 22 You enjoy doing what others say can't be done, but don't get carried away and do something that leaves a black mark

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca) against your name.

**♐ Sagittarius** Nov. 23-Dec. 21 Do something different today, something no one would expect you to do.  
**♑ Capricorn** Dec. 22-Jan. 20 You may want to impress someone who means a lot to you but don't go over the top.  
**♒ Aquarius** Jan. 21-Feb. 18 You have nothing to worry about and everything to look forward to.  
**♓ Pisces** Feb. 19-March 20. Think with your head but feel with your heart. Listen to what your heart tells you today — and act on it. **● SALLY BROMPTON**

## Caption contest



OK but we refuse to do the chicken dance!"  
**ILENE**



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Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

